

**COMBINED DECLARATION AND POWER OF ATTORNEY  
IN PATENT APPLICATION**

Attorney Docket No: PREC111274

As a below-named inventor, I hereby declare that:

my residence, post office address and citizenship are as stated below next to my name;

I believe that I am an original inventor of the subject matter that is claimed and for which patent is sought on the invention entitled: CROSS TRAINING EXERCISE DEVICE, the specification of which was filed on November 10, 1997, as Application Serial No. 08/967,801.

I hereby state that I have reviewed and understand the contents of the above-identified specification, including the claims, as amended by any amendment referred to above.

I acknowledge the duty to disclose information which is material to the examination of this application in accordance with Title 37, Code of Federal Regulations, Section 1.56(a).

I hereby claim foreign priority benefits under Title 35, United States Code, Section 119(a)-(d) of any foreign application(s) for patent or inventor's certificate listed below and have also identified below, any foreign application for patent or inventor's certificate having a filing date before that of the application on which priority is claimed: NONE

Prior Foreign Application(s):

<u>Number</u>	<u>Country</u>	<u>Day/Month/Year Filed</u>	<u>Priority Claimed Yes/No</u>
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I hereby claim the benefit under Title 35, United States Code, Section 119(e) of any United States provisional application(s) listed below: NONE

<u>Application No.</u>	<u>Filing Date</u>
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I hereby claim the benefit under Title 35, United States Code, Section 120 of any United States application(s) or PCT international application(s) designating the United States listed below, and, insofar as the subject matter of each of the claims of this application is not disclosed in the prior United States application in the manner provided by the first paragraph of Title 35, United States Code, Section 112, I acknowledge the duty to disclose material information as defined in Title 37, Code of Federal Regulations, Section 1.56(a)

which occurred between the filing date of the prior application and the national or PCT international filing date of this application:

<u>Serial No.</u>	<u>Filing Date</u>	<u>Status</u>
08/670,515	June 27, 1996	pending
08/568,499	December 7, 1995	abandoned

I hereby appoint the following attorneys and/or agents to prosecute this application and to transact all business in the United States Patent and Trademark Office connected therewith: Bruce E. O'Connor, Reg. No. 24,849; Lee E. Johnson, Reg. No. 22,946; Gary S. Kindness, Reg. No. 22,178; James W. Anable, Reg. No. 26,827; James R. Uhler, Reg. No. 25,096; Jerald E. Nagae, Reg. No. 29,418; Dennis K. Shelton, Reg. No. 26,997; Jeffrey M. Sakoi, Reg. No. 32,059; Ward Brown, Reg. No. 28,400; Robert J. Carlson, Reg. No. 35,472; Marcia S. Kelbon, Reg. No. 34,358; Paul L. Gardner, Reg. No. 22,372; Shaukat A. Karjeker, Reg. No. 34,049; and the firm of Christensen O'Connor Johnson & Kindness<sup>PLLC</sup>. Address all telephone calls to Jerald E. Nagae at telephone No. (206) 224-0705.

Address all correspondence to:

CHRISTENSEN O'CONNOR JOHNSON & KINDNESS<sup>PLLC</sup>  
1420 Fifth Avenue  
Suite 2800  
Seattle, WA 98101-2347

I hereby further declare that all statements made herein of my own knowledge are true and that all statements made on information and belief are believed to be true; and further that these statements were made with the knowledge that willful false statements and the like so made are punishable by fine or imprisonment, or both, under Section 1001 of Title 18 of the United States Code, and that such willful false statements may jeopardize the validity of the application or any patent issued thereon.

Full Name of Inventor	Citizenship
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same	
Inventor's Signature	Date
<i>Peter Pasero</i>	MAY 7, 1998

JEN:bjl

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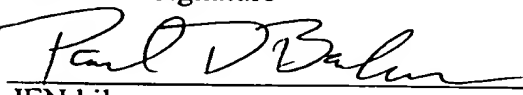
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Full Name of Inventor	Citizenship
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Inventor's Signature	Date
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COMBINED DECLARATION AND POWER OF ATTORNEY  
IN PATENT APPLICATION

J-930 U.S. PTO  
09/711740  
11/13/00

Attorney Docket No: PREC111274

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Full Name of Inventor	Citizenship
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Post Office Address	
same	
Inventor's Signature	Date
<i>Janine Whan-Tong</i>	5/1/98

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